

ASSESSMENT CATEGORY - Making London More Inclusive**Down's Syndrome Association****Adv: Shegufta Rahman****Base: Richmond****Amount requested: £198,006****Benefit: London-wide****{Revised request: £116,832}****Amount recommended: £117,000****The Applicant**

Down's Syndrome Association (DSA) has grown from starting as a small, local, parent support group set up in the 1970s to a national charity with over 20,000 members. The charity was registered in 1997 and is the only organisation that focusses solely on all aspects of living with Down's syndrome.

The Application

DSActive is DSA's sports programme for children and adults with Down's syndrome. The programme strives to make society more inclusive for people with Down's syndrome, and this programme helps them achieve their potential and live full and rewarding lives. Working in partnership with local community sports clubs, the project will enable bespoke tennis and football sessions for people with Down's syndrome. The funding requested will enable the charity to maintain and expand this offer across London boroughs, specifically Newham, Barking, Dagenham and Enfield, which have high levels of inactivity amongst people with Down's syndrome. Once skills levels have increased, along with social confidence, DSA will open up pathways for people with Down's syndrome to move into pan-disability sport activities.

The Recommendation

The programme has been running across eight football clubs and four tennis clubs in London with over 200 participants. DSA is well established as specialists in the support of people with Down's syndrome and their families. During assessment your officer identified elements of the original request which fell outside the scope of your funding. Having discussed this in detail with the charity, and recognising the high levels of reserves, a revised budget was submitted (Appendix A to the application form) and DSA has agreed to self-fund the balance of the project.

£117,000 over three years (£38,000, £39,000, £40,000) for the full-time DSActive Sports Officer (London) and associated project costs.

Funding History

Meeting Date	Decision
04/09/2013	£81,700 over three years (£26,400; £27,200; £28,100) for the costs of the In Transit programme for London.
05/11/2008	£68,300 over three years (£22,000; £22,800; £23,500) towards a project providing training on assisting older people with Down's Syndrome who have dementia or Alzheimer's.

Background and detail of proposal

DSActive was launched in 2006 in response to the awareness of the sedentary lifestyle of people with Down's syndrome and the associated health problems, including obesity resulting from a lack of exercise, not participating in sport and poor

dietary choices. Obesity is a common problem amongst the general population, but even more so for people with Down's syndrome with 48% falling in the 'obese' category. A 2010 study conducted by Syracuse University, New York State, found that only 7.4% of adolescents with Down's syndrome met the recommended levels of physical activity and 0% of adults.

Since the launch of DSActive, hundreds of children and adults with Down's syndrome and their families have benefited from the programme. Participants learn a new sport and develop their skills at a faster rate when training or playing with other people with similar skills as they do not feel left out nor isolated. DSActive participants feel confident enough to join other pan-disability sports, with some even joining college sports classes which had previously been prohibitive to them. As well as the health benefits, the programme has social benefits, especially in levels of confidence amongst their own peer group; being part of a team has a positive effect on emotional development. The families and professionals involved also find they benefit from the shared experiences of delivering and participating in DSActive. Overwhelming feedback from coaches has highlighted the development of their communication skills; having to be clear, concise and using visual cues.

Financial Information

The charity's reserves policy is to hold between three to six months of total expenditure. The table below shows DSA's reserves position against three months unrestricted operating expenditure rather than total expenditure. Recognising it has held reserves over and above this policy, the charity is intending to spend into its reserves, specifically with funding from Big Lottery and Sport England coming to an end. Although the value of reserves is increasing slightly, the level of unrestricted expenditure is also increasing, thereby reducing the number of months of expenditure held in reserves. DSA will also self-fund the balance of this project.

Year end as at 31 March	2017 Audited Accounts £	2018 Forecast £	2019 Budget £
Income & expenditure:			
Income	2,186,863	1,972,000	2,040,000
- % of income confirmed as at 05/02/2018	n/a	80%	16%
Expenditure	(2,233,371)	(2,198,491)	(2,170,000)
Total surplus/(deficit)	(46,508)	(226,491)	(130,000)
Split between:			
- Restricted surplus/(deficit)	(59,614)	(380,791)	(155,000)
- Unrestricted surplus/(deficit)	13,080	154,300	25,000
	(46,534)	(226,491)	(130,000)
Cost of Raising Funds	374,880	380,000	380,000
- % of income	17.1%	19.3%	18.6%
Operating expenditure (unrestricted funds)	1,529,076	1,190,000	1,765,000
Free unrestricted reserves:			
Free unrestricted reserves held at year end	1,323,271	1,477,571	1,502,571
No of months of operating expenditure	10.4	14.9	10.2
Reserves policy target	382,269	297,500	441,250
No of months of operating expenditure	3.0	3.0	3.0
Free reserves over/(under) target	941,002	1,180,071	1,061,321